

Meal on Wheels (MOW) & Congregant Meals (CM)

Wasatch County Senior Center: 435-654-4920

Please Reserve Your Meal At Least 24 hrs. prior

CM: Lunch Served at Noon/ Breakfast Served at 10:00am



Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2 MOW: CHICKEN CUTLET, Potatoes & Gravy, Peas, Tropical Fruit & Roll CM: CHICKEN MALIBU, Potatoes & Gravy, Green Beans, Pineapple & Roll	3 MOW: BEEF CHOW MEIN, Rice, Egg Roll, Orange Wedge & Roll
6 MOW: CHICKEN NUGGETTS, Tator Tots, Peas, Pears & Roll	7 MOW: MACARONI & BEEF, Corn, Salad, Orange Wedge & Roll CM: HOT TURKEY SANDWICH, Potatoes & Gravy & Fruit Salad	8 MOW: CRUNCH TOP HAM & POTATO CASSEROLE, Mixed Vegetable, Banana & Roll	9 MOW: FISH, Au Gratin Potatoes, Green Beans, Tropical Fruit, Tartar Sauce & Roll CM: VEGETABLE SOUP, Hoagie Sandwich, Apple & Chips	10 MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Carrots, Peaches & Roll
13 MOW: CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Peaches & Roll	14 MOW: BEAN BURRITO, Tator Tots, Corn, Orange Wedge, Salsa & Chips CM: CHEESE ENCHILADA, Tator Tots, Shredded Lettuce, Cantaloupe, Chips & Salsa	15 MOW: ROAST BEEF, Potatoes & Gravy, Peas & Carrots, Applesauce & Cookies	16 MOW: PICANTE CHICKEN, Red Potatoes, Green Beans, Tropical Fruit & Roll CM: SALAD BAR W/ TRIMMINGS	17 MOW: HAM SANDWICH, Salad, Pears & Chips
20 	21 MOW: CHICKEN STRIP, Potatoes & Gravy, Peas, Peaches & Roll CM: SALISBURY STEAK, Potatoes & Gravy, Carrots, Pears & Roll	22 MOW: LASAGNA, Corn, Salad, Orange Wedge & Garlic Toast	23 MOW: STUFFED GREEN PEPPERS, Potatoes & Gravy, Green Beans, Pears & Roll CM: SEASONED BAKED CHICKEN, Rice Pilaf, Mixed Vegetables, Tropical Fruit & Roll	24 MOW: CHILI, Tator Tots, Corn, Tropical Fruit & Chips
27 MOW: SALISBURY STEAK, Potatoes & Gravy, Carrots, Pears & Roll	28 MOW: BEEF STEW, Tator Tots, Green Beans, Banana & Roll CM: ***Breakfast 10:00** FRENCH TOAST, Hashbrowns, Eggs, Fruit & Juice/ Milk	29 MOW: BEEF STROGANOFF OVER NOODLES, Peas & Carrots, Peaches, Cottage Cheese & Roll	30 MOW: PORK CHOP, Potatoes & Gravy, Broccoli, Applesauce, Cookie & Roll CM: FISH SANDWICH, Potato Salad, Chips & Banana Pudding	31 MOW: STUFFED CABBAGE, Tri Patty, Mixed Vegetables, Tropical Fruit & Roll

SUGGESTED MEAL DONATIONS The Suggested contribution for the meal program at the Senior Center and for Meals on Wheels is \$3.00 per meal for seniors 60+ and their spouse. The mandatory cost for those younger than 60 is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00